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Holiday On The Autoimmune Protocol: They Won't Know It's Paleo: A Full-Color Holiday Menu



Synopsis

If you are on the paleo autoimmune protocol and are worried about enjoying your holiday gatherings, worry no more! This full-color-photo, magazine-sized mini-cookbook holds everything you need to have a successful meal: From Honey Roasted Ham, Turkey and Gravy, and Prime Rib to the perfect Dressing, Mashed Fauxtatoes, and Side Casseroles. And no, we didn't leave out the Baklava, Bread Pudding, Pumpkin Pie, and other desserts, either. These recipes were created for the picky eaters in mind, so feel free to make these dishes for your loved ones. They won't know it's paleo.

Book Information

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Customer Reviews

BreAnna Emmitt uses her creativity in the kitchen to enjoy delicious food while following the Paleo Autoimmune Protocol (AIP). Since following the AIP lifestyle, BreAnna has noticed drastic changes in her two autoimmune diseases and now uses her culinary successes to help others find joy in food while following this healing diet. When she's not in the kitchen, BreAnna spends her time with her husband, Chris, and their four children.

We get them for many reasons. Some we purchase on our own. Others we receive as gifts. Off to college, our first apartment, a new home, or a wedding shower gift. In thirty years, I've amassed an impressive collection of cookbooks. Do you want to know what most of them have in common? The spine isn't even broken. Yep,

I've never or rarely even opened the vast majority of them. This one is different. I came across it, last year, when it was released as an e-book. I printed a copy - as much as I love technology, I still need that page, in front of me, to read and flip that has flour smudges and drops of vanilla smeared across the pages. Its tattered pages were being held together with a binder clip, so to find it in book form made this girl quite happy. Having endured twenty-four years of chronic pain will have you sincerely appreciating a cookbook that caters to recipes that are not only delicious and easy to prepare but promote healthy, healing, clean eating. Don't assume either that because it has the word "holiday" in the title you can't use these recipes year-round. The Caesar salad dressing, pumpkin pancakes/waffles (don't forget the bacon), and mashed cauliflower are go-to for me anytime. I absolutely recommend this cookbook and also her other cookbook, 'He Won't Know It's Paleo', that came out last year!

I was SO excited to receive my order yesterday! This mini-cookbook is filled with gorgeous photos, real food recipes for AIP and non-AIP connoisseurs alike, and most of all, home-cooked comfort, warmth and love! The recipes are simple and cover most of the traditional holiday fare, making this one book a must-have resource for your next festive family gathering. Bre'anna Emmitt is passionate, like many of us, about health and healing with real food, and her heart for helping others can be felt throughout her books. I, for one, can't wait to feature many of these recipes, and a few others from the author's original book, "He Won't Know It's Paleo!", on my Thanksgiving and Christmas table this year. You should, too!

The Autoimmune Paleo diet is difficult as it is... throw in the holidays when you are constantly around non-AIP food and you want to throw in the towel. Admittedly, the towel was thrown in before I saw this cookbook but I bought it anyway knowing I'd restart as soon as holidays were over. Having successfully followed AIP for 7 months and feeling fantastic during those months, I learned that preparation is the key to success. I have this cookbook in my arsenal now for other holidays. I want to make note of how beautiful and high quality this cookbook is. I was so surprised by the heavy weight paper and lovely photos. Well done!

There are getting to be more and more AIP holiday recipes out there, but I don't like to take a chance on any random recipes I find online when I know I'm going to be serving a dish to other people. This is a nice collection of recipes that work for holidays or any occasion, really. I made a

couple of the dishes to take to Thanksgiving, and they turned out great! I will be incorporating other dishes from this book into my holiday and regular menus.

I loved her first cookbook. SO many great ideas for those of us on a restricted diet due to health reasons. The Holiday collection is a nice addition. So far everything I have tried is delicious, especially the dressing! Thanks Breanna for all your hard work in the kitchen and passing it along to us!

If you want to add some pizzazz to your autoimmune protocol diet, this cookbook will help you. It is not an extensive book - I was hoping for a few more recipes but the ones that are in here will definitely help you enjoy the holidays without feeling left out.

Good Item as described quick delivery

LOVE HWKIP cookbooks! Recipes are inventive and good. Helps one stick to an AIP diet, but dishes that can be shared and enjoyed by even those not on Paleo or AIP.

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